



ORAL FITNESS FACT SHEET

How Sun-Smart Are You?

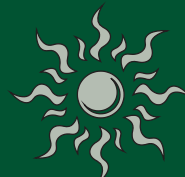
Find out what you know about protecting yourself from skin cancer...

1. Please indicate your **agreement** with the following statements.

	<i>Strongly Agree</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>
a. I feel comfortable if I'm pale and my friends have a tan.	1	2	3	4	5
b. I believe it's worth the risk to get a tan.	1	2	3	4	5
c. I believe skin cancer is a serious disease.	1	2	3	4	5
d. I should try to avoid being in the sun between 10am to 3pm.	1	2	3	4	5
e. I am worried about developing premature skin wrinkling or drying because of too much sun exposure.	1	2	3	4	5
f. The probability of getting skin cancer from sunbathing without sunscreen is so small that I do not care about it.	1	2	3	4	5

2. Please indicate whether the following statements are **true** or **false**. (Circle one response per statement.)

	<i>True</i>	<i>False</i>	<i>Don't Know</i>
a. Sunscreen should be applied 5 minutes before going outside.	1	2	3
b. Most skin cancer is caused by exposure to ultraviolet radiation from sunlight.	1	2	3
c. Skin covered by a sunscreen with an SPF of 15 can be exposed to ultraviolet rays 15 times longer before burning than skin with no sunscreen.	1	2	3
d. Skin cancer is the most common form of cancer.	1	2	3
e. A sun tan protects you against skin cancer.	1	2	3
f. People with blue eyes and fair skin are more at risk of skin cancer.	1	2	3
g. Ultraviolet light is strongest at the top of mountains.	1	2	3
h. Ultraviolet rays can bounce off water, tile, cement, snow, and sand.	1	2	3
i. People cannot get a sunburn on cloudy days.	1	2	3
j. Getting a tan in a tanning booth is safer than lying out in the sun.	1	2	3
k. Once you put on sunscreen, you don't need to put on any more that day even if you go swimming or sweat.	1	2	3
l. The sun's rays are stronger near the equator.	1	2	3
m. A change in a freckle or mole can be a sign of skin cancer.	1	2	3
n. Dark-skinned people don't have to worry about getting skin cancer.	1	2	3



Answers to Sun-Smart Behavior Quiz

1a. You **should** feel comfortable being pale even if your friends have a tan. Don't let peer pressure increase your risk of developing skin cancer some day. Prior to the 1920's, a year-round pale complexion was common in the U.S. However, a major cultural change occurred when Hollywood glamorized tans made them fashionable.

1b. Fry now, pay later. Is a **killer** tan really worth it?

1c. Skin cancer is a very serious disease that is preventable. It is the **most common** type of cancer in the U.S. with over 1 million new cases diagnosed annually. More importantly, the rate of new cases of malignant melanoma, the most deadly type of skin cancer, is growing alarmingly. 77% of skin cancer deaths are due to melanoma. Many public health experts in this country consider skin cancer to be an epidemic.

1d. As much as possible, you **should** avoid being in the sun when its rays are the most intense, i.e., between 10am-3pm.

1e. Excess sun exposure leads to "**photoaging**", i.e., premature aging of the skin. The cumulative effects of unprotected sun can lead to sagging cheeks, deeper facial wrinkles, leathery skin, and discolored skin later in life.

1f. The risk of skin cancer may be greater than you think. Fair complexion, a family history, multiple moles, and severe sunburns as a child all increase skin cancer risk.

2a. **False.** Sunscreen should be applied **15-30 minutes before** going out in the sun.

2b. **True.** **9 out of 10** skin cancers are attributed to exposure to ultraviolet (UV) radiation from sunlight.

2c. **True.** The Sun Protection Factor (SPF) tells you how much longer a sunscreen will let you stay in the sun without getting a sunburn than if you used no sunscreen at all.

2d. **True.** Skin cancer is the **most common** form of cancer, accounting for nearly half of all cancers diagnosed each year.

2e. **False.** The American Medical Association cautions that sun tanning in any form is a health hazard. Tanning is the biological process of the skin responding to injury. Even

slow tanning without burning can increase skin cancer risk.

2f. **True.** Individuals with fair complexions who burn easily and never tan have the greatest risk for developing skin cancer.

2g. **True.** The higher the altitude, the greater the amount of ultraviolet (UV) radiation from the sun that reaches the earth. That means that the sun's rays are more damaging in Denver CO at 5,280 feet than in New York City.

2h. **True.** Ultraviolet (UV) rays **can** bounce off water, tile, cement, snow, and sand, increasing the amount of exposure that you receive.

2i. **False.** Ultraviolet (UV) light can penetrate through cloud cover. Approximately 80% of ultraviolet (UV) light penetrates through light cloud cover and 60% penetrates through heavy cloud cover. So, you can sunburn even on cloudy days.

2j. **False.** There is no **such thing as a safe tan!** The ultraviolet (UV) light from the bulbs used in tanning salons are just as harmful, if not more so, than the sun's rays.

2k. **False.** Sunscreen should be reapplied frequently because it may wash off when you swim or sweat. Even sunscreen that is "water or sweat resistant" or "water or sweat proof" needs to be reapplied from time to time. A sunscreen that is "water or sweat resistant" will stay in place only up to 40 minutes if the skin is totally immersed in water; a sunscreen that is "water or sweat proof" will stay in place only up to 80 minutes if the skin is totally immersed in water.

2l. **True.** The sun's rays are more intense near the equator. In the United States, the incidence of skin cancer is higher in states closer to the equator.

2m. **True.** People with freckles or moles should check them routinely from time to time to note if they have changed in size, shape, or color. A change may be an early sign of skin cancer.

2n. **False.** **Everyone** is susceptible to skin cancer. Although fair-skinned individuals are **more** susceptible to skin cancer, dark-skinned individuals too can develop skin cancer.



Directorate of Health Promotion and Wellness

<http://chppm-www.apgea.army.mil/dhpw/oralfitnessmain.aspx>